



Campus Mental Health: How do we Come Back to the New Normal?
Webinar Training Series: Session II
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PARTICIPANT QUESTION AND PRESENTER RESPONSE

Q1 How does one become affiliated with Active Minds?

Here is a link to the "Start a Chapter" page of the Active Minds website:
activeminds.org/programs/chapter-network/start-a-chapter-faq/

A1

- Bring an Active Minds Speaker to your campus:
activeminds.org/programs/am-speakers/
- Host a Send Silence Packing exhibit: activeminds.org/programs/send-silence-packing/
- Explore all our programs: activeminds.org/programs

Q2 Our Athletics Department would love to partner with Active Minds. Please advise on steps to have a formal partnership.

A2

In addition to the suggestions offered for Q1, here is a link to the "Start a Chapter" page of the Active Minds website: activeminds.org/programs/chapter-network/start-a-chapter-faq/. You can also reach out with other questions about partnering here: activeminds.org/contact-us/

Q3 Do you have any chapters in high schools?

A3

This webinar focused upon college student mental health. The Active Minds website does have resources for high school students. Other MHTTC resources focusing on K-12 students can be found at: mhttcnetwork.org/centers/global-mhttc/responding-covid-19

Q4 Can Active Minds campus chapter be done entirely online? How so?

A4

There are online chapters - several chapters have been based historically at online universities. Check out the Active Minds website for more information:
activeminds.org/covid



Q5 How can I obtain a copy of the student survey Alison mentioned?

A5 Join the Active Minds email list to make sure you don't miss the survey results, and all of our other unique content: activeminds.org/join/

Q6 Most of our communication with students is via email now. I can tell from some of the language some students use that they are overwhelmed or stressed. Do you have any suggestions for phrases/language I can include in my email signature that address mental health concerns/indicate that I can help?

A6 We suggest something simple and straightforward like "I care about you! This is a challenging time – it's good to reach out for help." And you could include the National Suicide Prevention Lifeline number: 1-800-273-8255 and/or any local crisis numbers.

Q7 Do you have any resources, information, or advice for former foster youth attending higher ed?

A7 One great resource is Foster Care to Success at: fc2success.org

Q8 Does Active Minds have promotional materials in Spanish, and are they accessible online?

A8 Active Minds does have materials in Spanish. You can find many of them here: cms.charityengine.net/ProductDetail.aspx?ssid=1153&pid=5413
cms.charityengine.net/ProductDetail.aspx?ssid=1153&pid=5414

Q9 What recommendations do you have for schools that are cutting staff due to budget issues due to the crisis?

A9 This is a very difficult situation. One strength of Active Minds is that it is primarily student led. You can check out information about starting a chapter at your school here: activeminds.org/programs/chapter-network/start-a-chapter-faq/
Also, school administration could reach out to all staff and provide resources for mental health during the pandemic crisis.



Q10 Do you have tools to determine/screen students to see who really needs one-on-one therapy versus students who will be okay with a regularly scheduled small peer group with a mental health facilitator? My daughter's school was already unable to handle the needs for individual therapy.

A10 Schools at all levels can certainly be overwhelmed with needs for behavioral health information right now. One great resource for school screening and behavioral health support in primary and secondary schools is the School Mental Health Toolkit, found here: mhttcnetwork.org/centers/mountain-plains-mhttc/product/school-mental-health-toolkit. More information about screening at Colleges and Universities can be found at the Jed Foundation: jedfoundation.org/what-we-do/colleges/

Q11 What one or two recommendations would you have for campus leaders (presidents/provosts) to address mental health and well-being in the post-COVID environment?

A11 Ensure that you are fully investing in your campus mental health services; and create a post-COVID interdisciplinary, funded, student-member' d, task force to ensure student life and academic life are properly addressed.

Q12 Are there resources for the Deaf and hard of hearing community?

A12 Find excellent resources for the Deaf and hard of hearing through Gallaudet University: www3.gallaudet.edu/clerc-center/info-to-go/national-resources-and-directories/mental-health-services-.html

Q13 How do you suggest handling getting your student to sign the FERPA waiver so parents can be notified if their child is having problems?

A13 Have a talk with your student when things are calm, and they are in a good mood. Let them know that you want to be able to help them if they are struggling mentally or emotionally when they are at school. Have the form downloaded and printed off. Negotiate with your student about the parameters they are comfortable with regarding when you might reach out to the school for information or when you'd want the school to reach out to you.



Q14 Does Active Minds provide any individual training for professionals who operate outside of school settings? Does Active Minds also address co-occurring issues as there is a growing number of youth involved with drugs and alcohol?

A14 Active Minds currently works in several community settings outside of campuses. Find community programming at activeminds.org/programs/ (Awareness and Education Programs)

Q15 What does advising look like when working with Active Minds?

A15 Every Active Minds chapter is required to have an on-campus advisor. More information can be found at activeminds.org/programs/chapter-network/start-a-chapter-faq/



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